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METRO CALGARY

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada.

On metronews.ca

• Share your SunnySide thoughts on Twitter using #sunnyside

Today

• Anne Hines gives a tutorial on poetry, pg 8

New Moon

This week, Metro Canada gives you a look behind the scenes of New Moon, the newest film in the TWILIGHT series. We visit the Vancouver set and interview the hot cast and director.

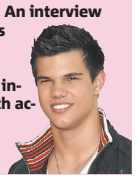
TODAY: We take you behind the scenes of the Vancouver set, pg 13

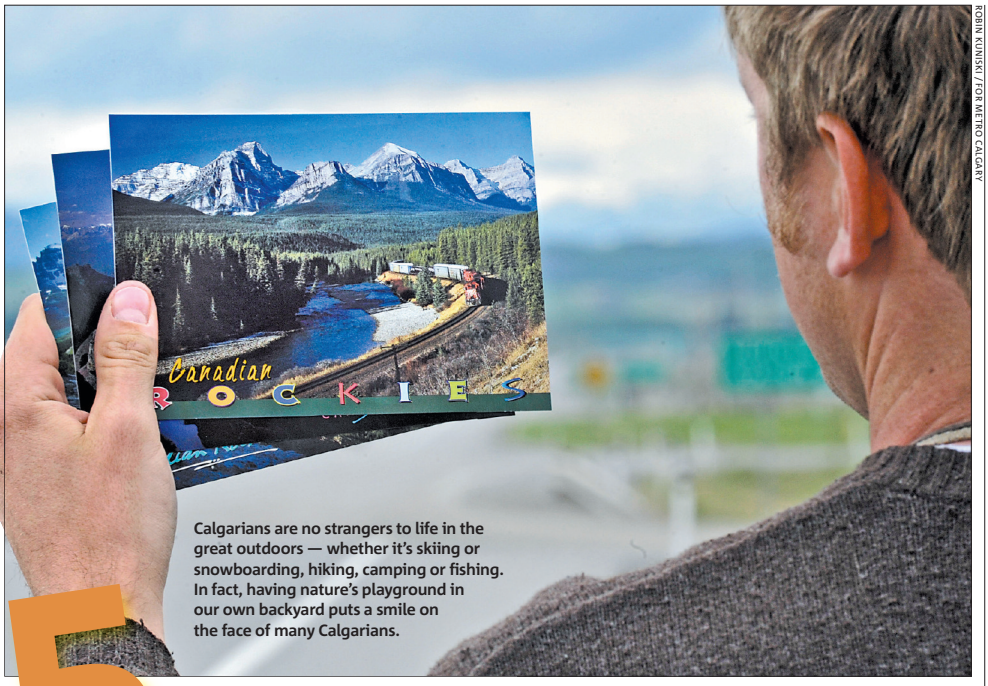
TOMORROW: An interview with actor Taylor Lautner

WEDNESDAY: An interview with director Chris Weitz

THURSDAY: An interview with actress Kristen Stewart

FRIDAY: An interview with actor Robert Pattinson





ROBIN KUNISKI / FOR METRO CALGARY

Calgarians are no strangers to life in the great outdoors — whether it's skiing or snowboarding, hiking, camping or fishing. In fact, having nature's playground in our own backyard puts a smile on the face of many Calgarians.

5 things to love

KRISTA SYLVESTER
krista.sylvester@metronews.ca

1 THE MOUNTAINS

Describing Calgary as the "best of both worlds," Donna Collins sums up what many Calgarians love the most about the city in a few words.

"You are literally 45 minutes away from the mountains, which is an escape from everyday life and where the possibilities are endless," the 34-year-old Calgarian said.

"It's the best of both worlds, you have your city life, where you live, work and go to school. Then you have your mountain life; an escape where you go to rejuvenate yourself."

Collins and many Calgarians choose the mountains as the one thing that brings happiness to Calgarians — whether it's for skiing, snowboarding, hiking, camping, fishing or biking.

"My friends ask me why would I drive to Banff just for a coffee. Well, why wouldn't I?" she added. "We're very lucky as a city to have such endless possibilities so close to us."

2 17TH AVENUE SW

Considered one of the trendiest streets in the city, 17th Avenue boasts culinary pleasure, hot fashion, cool patio beverages and an eclectic mix of who's who in Calgary — keeping this thoroughfare thoroughly hopping.

3 PRINCE'S ISLAND PARK

In the heart of the city along the picturesque Bow River, Prince's Island is always hub of activity. Acting as a gateway from the downtown to the north side of the city, Prince's Island is a great family picnic area, a place of quiet reflection or a gathering place for friends.

4 FESTIVE NATURE

You can't knock Calgary for a lack great festivals: Kensington Sun and Salsa, Lilac Fest, Folk Festival, Reggaefest, Taste of Calgary, Virgin Fest, Fiestaval Latin Fest, Calgary Jazz Festival, Carifest, Calgary International Film Festival … you get the picture.

5 CALGARY STAMPEDE

Love it or leave it, the sights, sounds and smells of the Midway, and the ridin', rustlin' and ropin' at the rodeo turn the city upside down every July. And many Calgarians will admit it's the 10 days of the year they likely won't remember ... forget ... er ... both.

WITH FILES FROM DARREN KRAUSE

SunnySide

Couple hopes missing cat comes back after SE blaze

KRISTA SYLVESTER
krista.sylvester@metronews.ca

COMMUNITY Neighbours in a southeast community are rallying around a family that hasn't been able to find their cat after a fire gutted the inside of their home.

A fire ripped through a home in the 100 block of Midvalley Rise SE around 4 a.m. yesterday, and while the couple made it out safe, their cat Marcus has been missing ever since.

"He is part of our family and we just want him to come home, but we don't have a home. He knows the home is gone, animals know that kind of thing," said his owner, Olga.

Olga said after the fire she was holding the cat she and her husband adopted eight years ago, but he was jumpy because of the fire and managed to escape. "He is very shy but also very playful. He is just such a cute cat," she added.

Next door neighbour Sharon Suffield is keeping a cat kennel and food at her house in case the cat decides to return to his home.

"He was an indoor cat, so they think he was really spooked and nobody has seen him since," she said. "I just hope we're able to find him, he isn't used to being outside."

Calgary Fire Department spokesperson Jeff Budai is asking anyone who thinks they may have found the cat to call the fire department at 403-268-8667.

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Thousands join MS walk
Nearly 3,000 people took part in the 18th annual MS walk at Eau Claire market yesterday. Organizers were hoping to raise nearly $850,000 at this year's event. METRO CALGARY

Local

Underwear Affair rakes in dough

More than $850,000 was raised by 1,244 participants during Saturday's Underwear Affair in Calgary. The 10K run and 5K walk raised the money for research on cancers that occur below the waist.

METRO CALGARY

Metro Minute

CRASH The driver of a vehicle eastbound on Highway 1 near Lac Des Arc was killed Friday when he lost control, and the vehicle rolled several times, ejecting him. Canmore RCMP believe alcohol and speed were factors.

GRADUATES The Calgary Fire Department, the CBE and the Calgary Separate School Board celebrated the graduation of youth fire cadets Saturday. Two scholarships worth $1,000 each were awarded to two cadets, and students demonstrated fire skills learned.

POLITICS The leadership race for the Wildrose Alliance kicked off, with two candidates stepping forward. At the party's AGM this weekend, Danielle Smith and Mark Dyrholm threw their respective hats into the ring.

ROYALTY Prince Edward and wife Sophie Rhys-Jones were in Calgary this weekend, making a variety of royal appearances at private events. The pair visited the Mewata Armoury, the Military Museums and Fort Calgary and concluded by handing out the Duke of Edinburgh awards yesterday.

HOUSING On Friday, the Alberta government pledged $8.9 million to the Calgary Homeless Foundation for the continued development of 80 family housing units.

REPORT The United Way Friday released its Resiliency Report, highlighting the impact of the economic downturn and its effect on the aid agencies in the city. The report is based on focus groups that deal on the ground with difficult social situations. METRO CALGARY

A new kind of 'Edge'-ucation

METRO CANADA
NewsExclusive

LAURENCE HEINEN
for Metro Calgary

A Canadian hockey icon helped kick off a two-day Edgestravaganza over the weekend.

Pat Quinn visited the Edge School on Friday to talk with students and supporters of the brand new campus located just west of the city limits.

"I've always been a proponent of education and sports," said Quinn during an exclusive interview with Metro Calgary. "In my day, the NHL teams didn't want you going to school. They wanted to be able to control your future."

Nowadays, that's not the case. Students who can combine academics with their athletic pursuits often find themselves further ahead than their peers.

Just ask Edge School graduate Thomas Hickey, who captained the Quinn-coached Canadian entry to a gold medal at the 2009 World Junior Hockey Championships in Ottawa.

"It's like being in a team environment all the time," said Hickey of his experience attending Edge School. "You're on the ice an hour extra a day. That might not seem like a lot but when you're on the ice an hour extra a day for five years, that time adds up. It's like a few full seasons you've got over everyone else, so that really helped me."

After visiting Edge School, Quinn couldn't say enough about the new campus and the benefit it will provide to athletically inclined students for years to come.

"Programs like this are just incredible where you can combine the academics," said Quinn, who recently signed on to coach the Edmonton Oilers. "We seem to know so much more about team building and leadership skills that kids can learn in this environment."

ROBIN KUNISKI/FOR METRO CALGARY

Local hockey star Thomas Hickey, left, stands with Danton Oliver, Carly McQuilkin — both students of the Edge School — and the new head coach of Edmonton Oilers, Pat Quinn. Quinn was on hand for the grand opening of new Edge School facilities.

Alberta pig farmer forced to cull entire herd

FLU A central Alberta pig farmer whose herd was quarantined after a number of animals tested positive with influenza A (H1N1), also known as the swine flu, culled his entire herd, says Alberta Pork.

Arnold Van Ginkel, who owns a farm near Rocky Mountain House, made a "business decision to kill his pigs based on the fact the disease remains present in his herd," said an Alberta Pork news release.

"I am disappointed that I have to cull these animals, but the presence of the H1N1 virus in my herd left me with few options," said Van Ginkel in a release.

"With the quarantine still in place, I was facing another partial cull overcrowding and no prospects for marketing my animals once they were given a clean bill of health.

"The only real option left was to have a complete cull and end the uncertainty for my farm and for the entire pork industry."

Alberta Pork says the farmer will apply for government financial assistance programs to make up for his loss.

METRO CANADA

Planting one tree for every city birth

TREES Calgary's 2008 newborn babies are the reason the city has 6,000 newly planted trees in the southeast. Thousands of Calgarians visited the new BP BirthPlace Forest yesterday, to commemorate the birth of their new babies.

"In providing Calgarians with a hands-on tree experience, we teach our children to appreciate the importance of our urban forest and to respect and protect our environment," said Bashir Jamal, manager of Parks northwest division with the city of Calgary. The forest was planted on a strip of land provided by Fish Creek Park. This is Calgary's eighth BirthPlace forest and is part of one of the largest greening initiatives in Calgary's history. Annually the BP BirthPlace Forests will produce enough oxygen to meet the needs of 113,000 Calgarians.

JOEL MESSNER/
FOR METRO CALGARY

metronews.ca
What's online today.

Immigration Guidy Mamann on the government's dishonesty in the case of an ex-KGB agent facing deportation from Canada at **metronews.ca/immigration**

Lotteries

Friday, June 5 - Lotto Super 7: 8, 25, 27, 33, 34, 43 & 47. Bonus 1. Saturday, June 6 - Lotto 6/49: 11, 12, 18, 21, 30 & 37. Bonus 1.
These results are not official.

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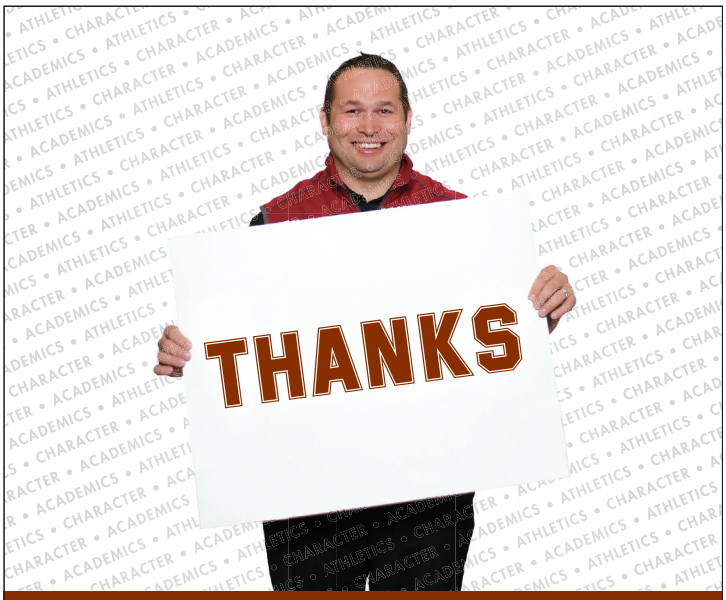

Thanks to Pat Quinn, the sponsors and supporters, committees and everyone who attended the 2009 Edgestravaganza. The Grand Opening was a tremendous success for Edge School. The funds raised will ensure the continued support of our financial aid program and students to continue to meet their goals and achieve athletic and academic excellence.

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Tories take aim at faint-hope clause

4 The Conservatives are introducing legislation to repeal the faint-hope clause that enables criminals convicted of murder to apply for parole early, CBC News Online reports. METRO NEWS SERVICES

Canada

Buy American policy worries Canada's cities

Municipalities back controversial tit-for-tat response

Canadian municipal leaders threatened to retaliate against the Buy America movement in the United States, warning trade restrictions will hurt both countries' economies.

The Federation of Canadian Municipalities endorsed a controversial proposal to support communities that refuse to buy products from countries that put trade restrictions on products and services from Canada.

The measure is a response to a provision in the U.S. economic stimulus package passed by Congress in February that says public works projects should use iron, steel and other goods made in the United States.

"This U.S. protectionist policy is hurting Canadian firms, costing Canadian jobs and damaging Canadian efforts to grow our economy in the midst of a worldwide recession," said Sherbrooke, Que., Mayor Jean Perrault, also president of the federation that represents cities and towns across Canada.

Trade Minister Stockwell Day told the group Friday that Ottawa was actively negotiating with Washington to get the Buy American restrictions removed.

The measure's supporters agreed to modify it slightly by suspending implementation for 120 days, in order to give Canadian trade officials and U.S. critics of the Buy American rules more time to work on the issue. The only Canadian community to enact an anti-Buy American purchasing rule so far is Halton Hills, Ont.

REUTERS

Border business

- The United States is Canada's largest trading partner, and Canadians have complained the restrictions will bar their companies from billions of dollars in business that they have previously had access to.

Liberals backing drug-crime legislation

BILL C-15 Liberal MPs are set to give the Conservative government help tonight in passing tough, new drug-crime legislation, despite the risk of a backlash at the party grassroots.

Under the bill, soon to be law, people convicted of serious drug crimes will automatically face prison terms of six months or longer. The legislation is particularly tough on any offender who traffics drugs or gets young people involved in drug crimes.

Federal Justice Minister Rob Nicholson has said the tougher sentences are aimed at "serious drug traffickers, the people who are basically out to destroy our society."

Critics of the measures, however, argue that this law does nothing to rehabilitate drug users and that it will simply mean more crowding in prisons. Some have suggested that a person found with one marijuana plant will be tossed in jail.

Most witnesses who came before the Commons committee examining Bill C-15 argued against the legislation.

TORSTAR NEWS SERVICE

Toronto **Rock in the free world**

ANDREW WALLACE/TORSTAR NEWS SERVICE

Guitars are raised in the air after a crowd played Neil Young's Helpless in a failed bid to set a world record at Yonge-Dundas Square in Toronto. The final tally in a bid to get the biggest gathering of guitars was 1,623 participants, about 10 per cent shy of the record of 1,802, which was set in Germany in 2007.

More cash for flu research

HEALTH Health officials created a network of researchers on Friday to speed up influenza research, saying they will test new vaccines against influenza A (H1N1), also known as swine flu.

The network of 80 scientists from 30 research and public health institutions will get $10.8 million over three years, Health Minister Leona Aglukkaq said.

"We have put this research network in place ahead of schedule to help us respond to the current flu outbreak," she said.

"Through this network, scientists from across the country will play a critical role in helping to protect the health of Canadians and their families."

REUTERS

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New Orleans mayor quarantined in China

New Orleans Mayor Ray Nagin, left, has been quarantined in Shanghai after possible exposure to influenza A (H1N1), also known as swine flu, after travelling on a plane to China with a person who is being treated for symptoms of the virus. CNN reports Nagin has no signs of the illness. METRO NEWS SERVICES

World

Acapulco shootout kills 18

Eighteen people were killed in a shootout between drug gangs and soldiers in the Mexican beach resort of Acapulco, the army said yesterday. The gun battle near tourist hotels was a further blow to Mexico's tourism industry, already reeling from the influenza A epidemic. REUTERS

More bodies found in Atlantic

CRASH Searchers found 15 more bodies from a crashed Air France jet yesterday and retrieved a large amount of debris from the plane that plunged into the Atlantic ocean in the worst air disaster since 2001. Nearly a week after the Airbus A330 crashed on its way from Rio de Janeiro to Paris, killing all 228 people on board, a total of 17 bodies have been recovered, following the discovery of two unidentified males Saturday. REUTERS

News in brief

NORTH KOREA North Korea found two U.S. journalists, Euna Lee and Laura Ling, who the country has held since March, guilty of illegal entry and sentenced them to 12 years hard labour, its official KCNA news agency said earlier today. REUTERS

Hezbollah defeated

An anti-Syrian coalition defeated Hezbollah in Lebanon's parliamentary election yesterday in a blow to Syria and Iran and a boost to the United States.

HUSSAM SHARAFEDDINE/REUTERS

Supporters of Future Movement, loyal to Sunni Leader Saad al-Hariri, celebrate in Beirut yesterday.

"Congratulations to Lebanon, congratulations to democracy, congratulations to freedom," the coalition's leader Saad al-Hariri said in a victory speech in Beirut.

The outcome was also welcome news for Saudi Arabia and Egypt, which back Hariri's "March 14" alliance — the date of a 2005 rally against Syria's military presence in Lebanon.

"We have lost the election," conceded Michel Aoun, a senior politician close to the bloc of Shi'ite groups Hezbollah and Amal and Christian ally. "We accept the result as the will of the people."

The United States, which lists Hezbollah as a terrorist group, has linked future aid to Lebanon to the shape and policies of the next government.

Hezbollah, which says it must keep its arms to deter Israel, is part of the outgoing cabinet.

The anti-Syrian coalition has enjoyed firm backing from many Western countries since the 2005 assassination of Hariri's father Rafik al-Hariri.

The coalition took power in an election following Hariri's killing, but struggled to govern in the face of a sometimes violent conflict with Hezbollah and its allies. REUTERS

Europe takes a political right turn

VOTE Centre-right parties retained control of the European Parliament in an election that ended yesterday with a record low turnout, but which spared most big national governments from embarrassing defeats.

Partial results showed the European People's Party crushed the Socialists and would remain the main group in parliament, strengthening its ability to set the agenda in an assembly that passes many of the European Union's laws and its budget. The governing centre-right groups won in Germany, France, Poland and Italy, and Green parties did well on a bad night for the Socialists, who failed to cash in on widespread discontent with Europe's handling of the global economic crisis. Turnout was a record-low 43 per cent. Exit polls and early results showed ruling parties beaten or heading for defeat in some of the countries worst hit by the crisis — Britain, Ireland, Latvia, Greece, Hungary, Bulgaria and Spain. REUTERS

Extremist elected

- Britain has elected its first extreme-right politician to the European Parliament. Results announced yesterday in voting for the European Parliament showed the British National Party has won a seat in northern England. The far-right party does not accept non-whites as members.

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* *Investment Executive*, June 2008.

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Comment

Where have all the poets gone?

HineSight

Anne Hines

metronews.ca/hinesight

The other day I heard an appalling statistic. Brace yourself. Fewer Canadians regularly read poetry than regularly dust their ceiling fans. I was shocked. I had no idea we were supposed to dust ceiling fans. I thought they just turned around and the dust fell off.

Anyway, it occurred to me that maybe what's keeping Canadians from wanting to read or write poetry is that we don't know much about it. That, and not enough words rhyme with "hockey."

So, I present:

The HineSight Poetry Primer.

1) What is a poem?

A poem is an attempt to describe feelings and ideas in the fewest words possible. This is why men make particularly good poets.

Her: I feel like we're in a totally committed, together, "Barack and Michelle" kind of place right now, don't you?

Him: Um ... What?

Of course, this is not exactly a poem, but a man writing a poem about this might pen:

Him: When she talks, I do not hear. I am thinking about beer.

2) Do poems have to rhyme?

This is the most commonly asked question about poetry. That and, "How come the Griffin Prize never goes to someone who puts limericks on washroom walls? Now that's poetry."

Sunny Side

In the last century, there has been a preference for writing poetry that doesn't rhyme. The correct term for this is "sheer laziness."

After all, it's not like these people write more than 15 lines at most. We might not expect a novelist to rhyme everything, although there's no reason Moby Dick couldn't have begun "Call me Ishmael/I'm hunting a big whale."

But, after the first 600 pages of an Ann Marie McDonald novel, rhyming might become tedious: "Things are bad here in Cape Breton/They'd all quit but the boss won't let 'em." Poets who won't rhyme are, frankly, just slackers.

3) What is meant by "poetic ambiguity?"

This is a device of having two equally true meanings for one phrase.

For example, my recent opus, Ode To Viking Boat Rowing, contains the lines, "I'm tired and sweaty and my muscles are shot/On top of that, my butt is hot."

This can mean either, "I have a very nice looking rear end," or "I won't be able to sit down tomorrow."

Finally ...

4) Why write poetry at all?

Imagine, "Work today is toil and trouble/Fetch me a latte on the double."

Or, simply, "If you're late/forget our date."

It's not just life. It's poetry.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Free rides could be on borrowed time

InTransit

Shawn Logan

metronews.ca/intransit

There aren't too many free tickets left these days.

And one of Calgary's few remaining exceptions, the downtown C-Train free fare zone, could be living on borrowed time.

Since light rail transit was introduced to the city in 1981, the 7 Avenue free fare zone has been a constant despite the system seeing massive expansion that now includes 45 kilometres of track and 37 stations.

But the free ride may soon be over.

One of the key recommendations in a sweeping transit safety audit is to eliminate the free fare zone to ensure only serious transit users are using the system.

Calgary Transit officials are now putting together a plan and cost estimates for all the recommendations, which will ultimately be left up to a city committee to determine in October.

Ald. Gord Lowe, who chaired the special safety audit subcommittee, said with transit ridership close to cresting 100 million riders per year, those who use the service should do so with both comfort and safety — and that isn't free.

"The idea is simply having something to validate people's presence on the train because right now you have people riding from end to end because they're looking for some place to get warm or to cause mischief," he said.

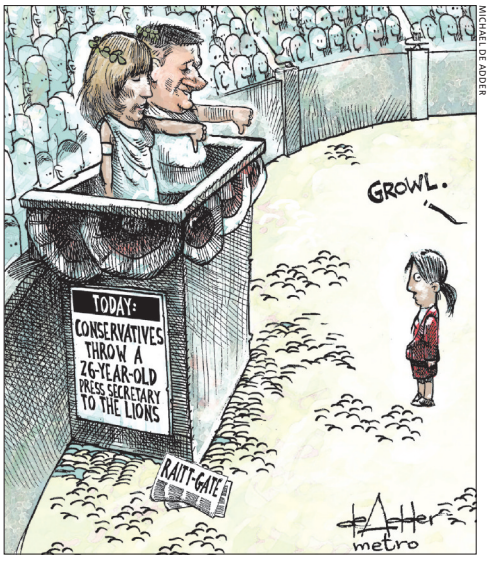
Lowe has mused about the notion of regular downtown train users paying $25 for a year pass, ensuring the lawyers and consultants can get to where they need to go without taking a major shot in the wallet.

Still other aldermen have proposed only charging the fee in the evening, allowing day-to-day business to stay on track.

It takes a monumental effort for city hall to quell the instinct to charge for a service.

But in this case, Calgarians deserve the free ride.

Shawn Logan is a veteran municipal affairs reporter who covered Calgary city hall for three years after working at a number of publications in southern Alberta.



MICHAEL DE ADDER

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Boiling water for tea in a pot on a gas stove uses one-third the energy of a plug-in kettle, according to Godo Stoyke's The Carbon Buster's Home Energy Handbook. METRO NEWS SERVICES

Going Green

Phantom power

Vampire power used by electronics in sleep or off mode sucks up about $27 a year per peripheral. Woods Industries Canada's Eco-Logical Smart Strip surge protector is one solution. It automatically cuts power when devices go into sleep mode. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Eat local to cut footprint

EarthTones

Think Globally, Eat Locally; Select Nova Scotia; Eat Local First; Good Things Grow In Ontario. Good slogans. Catchy. But why?

Eating local food is another potential way to reduce our carbon footprint. If vegetables travel from California to my table then in addition to the energy used to grow them and cook them, we also have the fuel used to transport them across the continent on our conscience. This is one of the cornerstones of the "eat local" movement.

It is spring and the bounty of the Canadian growing season is about to, or has already started, depending on where you are. Here in southern Ontario the local asparagus and fiddlehead seasons are almost over. It is a good time to make a pledge to try to eat more local foods. If we start when local produce is plentiful then it will be easier to continue throughout the year.

How do we eat local? Local produce is often available in our local grocery stores. In most provinces local fruits and vegetables bear some kind of logo such as "Select Nova Scotia" or "Foodland Ontario" to let us know where they are from. Farmers' markets are an excellent way to eat locally and get the freshest produce available. To find a farmers' market near you, you can go to a website sponsored by Agriculture and Agri-foods Canada: farmersmarketscanada.ca. On the "links" page there are links to the various provincial farmers markets associations.

Gaining popularity is the concept of the 100 mile diet. This means that all food consumed is grown within 100 miles of the consumer. It is generally accepted that a few exceptions can be made for things like spices and salt since only a small amount is used at any one time. What this means to us as Canadians is that we can't eat things like bananas and pineapples because they do not grow here. But we can start to enjoy the diversity of food grown locally. For example, until we really started to look, we had no idea so many varieties of apples were available. The same is true for potatoes. You haven't lived until you have eaten blue mashed potato! You hardly miss the tropical fruits once you start to experiment with new flavours. These "exotic" local varieties are often found at farmers' markets.

"Gaining popularity is the concept of the 100 mile diet. This means that all food consumed is grown within 100 miles of the consumer."

Of course, the most local food can get is when you grow it yourself. If you have the space and the know-how this can be a great way to save money and feel good about the food you are eating. This is not for everyone, though. We experimented with this last summer and for our efforts had a handful of peas, and a few scraggly-looking carrots. The rest fell victim to the local wildlife (mostly bunnies), and our poor weeding and thinning skills! So this year we'll leave it to the pros and support our local farmers' market.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Sony Ericsson unveils two greener phones

ECO-FRIENDLY Cellphone maker Sony Ericsson has unveiled two models it said are more eco-friendly, adding the company will push greener features across its product line in the next two years.

The C901 GreenHeart and Naite will be sold in smaller packages and have electronic user manuals. The devices use at least 50 per cent recycled plastics and consume less energy.

The role of greener products is increasing in the cellphone industry, with an ABI Research survey saying nearly half of U.S. consumers are likely to be influenced by suppliers' green credentials.

REUTERS

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Investors ask U.S. top court to delay Chrysler sale

10 Indiana pension funds asked the U.S. Supreme Court yesterday to immediately delay the sale of Chrysler LLC to a group led by Fiat SpA while they challenge the deal. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Forestry specialists rise above troubles

Makers of niche products touted by analysts

Investors searching for a hint of good news from the beleaguered Canadian forestry sector may want look at the telephone poles outside their houses or at a nearby railroad line.

The recession has battered sales of lumber for housing construction, but utilities still need to replace aging poles and railroads have to maintain their track — something both may do more of as government stimulus spending kicks in.

That's good news for Stella-Jones Inc., which makes poles and railroad ties by treating wood it buys from sawmills. It has also produced something in short supply this year for Canadian companies linked to trees: A profit.

"I'm not going to say it's recession proof, but we don't get hit the same way (as traditional forestry companies)."
Brian McManus, Stella-Jones Inc.

"I'm not going to say it's recession proof, but we don't get hit the same way," said Stella-Jones chief executive Brian McManus.

Stella-Jones, Sino-Forest Corp., Fortress Paper and Cascades Inc. are cited by analysts as examples of companies that offer at least a bit of earnings shelter from the current economic storm through their specialized products.

"Even in a recession we still blow our noses," said BMO Capital Markets analyst Stephen Atkinson about Cascades, which uses recycled paper fibres to produce tissue paper and packaging products.

Sino-Forest operates tree plantations in China, while Fortress produces security paper in Europe that is used to make banknotes. Both are Canadian corporations.

REUTERS

Loonie falters after U.S., Canadian jobs reports

CURRENCY The Canadian dollar fell to its lowest level in a week against the U.S. currency Friday after Canadian and U.S. jobs figures painted a mixed picture of the progress by the two economies as they try to emerge from recession.

Canada shed nearly 42,000 jobs in May and the unemployment rate surged to an 11-year high of 8.4 per cent, up from eight per cent in April.

In the United States, employers cut 345,000 jobs last month, the fewest since September and far fewer than forecast, triggering gains by the U.S. dollar. The U.S. unemployment rate, however, raced to 9.4 per cent from 8.9 per cent in April.

The loonie finished at its lowest level since May 27 at 89.37 U.S. cents. REUTERS

In brief

WIRELESS Small crowds gathered Saturday for the official launch of Pre, the smartphone seen as Palm Inc.'s best chance to claw back market share from Apple Inc.'s iPhone and Research In Motion Ltd.'s BlackBerry.

APPLE A surprise appearance by Apple Inc. chief executive Steve Jobs at the company's annual developer conference today could boost its stock, but his absence might trigger a bigger move in the other direction.

REUTERS

George Foreman wins debut

George Foreman III won his professional boxing debut, stopping Clyde Weaver at 1:16 of the first round Saturday night. Foreman, the 26-year-old son of two-time world heavyweight champion George Foreman, floored Weaver with a left hook to the chin. METRO NEWS SERVICES

Sports

Van Koeverden takes silver

Adam van Koeverden, left, and the doubles team of Gabriel Beauchesne-Sevigny and Andrew Russell captured silver medals yesterday to highlight a six-medal day for Canada at a paddling World Cup event in Hungary. Van Koeverden, from Oakville, Ont., was second in the men's kayak singles 500 metres to collect his fourth World Cup medal of the season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Tiger storms back for Memorial win

GOLF Tiger Woods came from four strokes behind to win the Memorial tournament by a shot yesterday, sealing his 67th PGA Tour victory with a dramatic birdie-birdie finish.

Helped by one of the best driving displays of his career, the world No.1 rammed in a nine-footer at the 17th before hitting an exquisite approach to 14 inches at the par-four last. REUTERS

Sports in brief

NBA FINALS The Los Angeles Lakers produced a gritty 101-96 overtime victory over the Orlando Magic yesterday to take a 2-0 lead in the NBA finals. Kobe Bryant scored 29 points to pace the Lakers, who were not as dominant as they were in the series-opening 100-75 victory over the Magic. REUTERS

Gruelling two weeks

Stampeders begin infamous CFL training camp

DAN TOTH
for Metro Calgary

The Calgary Stampeders players would never trade their careers for 9-to-5 desk jobs.

But during the next two weeks of CFL training camp, infamous for its gruelling two-a-day workouts with a coaching staff hanging over them evaluating their every move, some could be forgiven for second-guessing their chosen professions.

"It's just something you've got to do," shrugs 12-year CFL veteran Rob Lazeo, mopping the sweat off his forehead after yesterday's first session of training camp at McMahon Stadium.

Lazeo, 36, is one of the greybeards along the offensive line who continue learning how to deal with the strain of training camp.

"The older you get, you kind of know what to expect, but that doesn't make it any easier. When you know what you're in for, you can prepare yourself mentally for it, but your body's going to be sore no matter what. You need to get your mind right.

"It's just something you've got to do." Rob Lazeo

"Sometimes young guys come in and don't know what the tempo's going to be like, so they look to guys like Jeff (10-year veteran Pilon) and myself to see how hard we're going and have to match that."

Returning to camp are all 12 offensive starters from the Stampeders' Grey Cup victory over the Montreal Alouettes in 2008. Calgary also retained eight of its 12 defensive starters from the championship game and both kickers. The camp lineup includes 38 of the 46 players on the Grey Cup roster making Calgary an early favourite to return to the big game Nov. 29 at McMahon Stadium.

Workouts continue this week from 9-11 a.m. and 4-6 p.m. with only a morning session slated for June 10.

French Open Federer wins

REGIS DUVIGNAU/REUTERS

Roger Federer kisses his trophy after winning the French Open for the first time to up his career grand slam count to 14.

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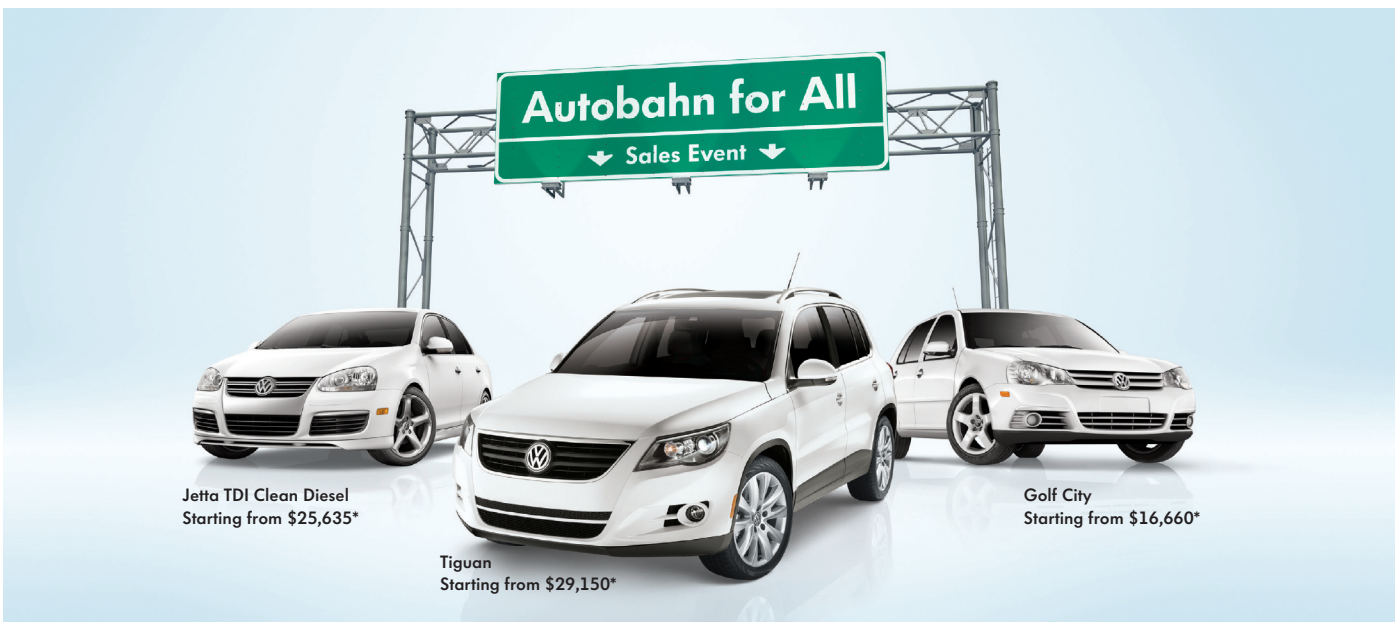

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In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Health care in needle form

Head to **Toe**

JON TATTRIE
for Metro Canada

Acupuncture builds a bridge between modern and traditional medicine; Dr. Steven Aung, a sixth-generation practitioner of traditional Chinese medicine and a fully trained medical doctor, crosses it regularly.

The University of Alberta medical professor offers both treatments out of his Edmonton office. He learned acupuncture from his grandfather. "He said to me that we have to be also trained in Western medicine so that we can integrate the two medicines to use the best out of both," Aung explains. "We try to lighten up all the darkness which is called disease and disorder."

Unlike modern medicine, acupuncture is not easily tested by double-blind techniques, Aung says. Its effectiveness is "evidence based" — how patients respond to treatment. It's about self-healing, he says, returning the body to a healthy state. "You are able to re-adjust the whole physiology of internal organs."

In China, Aung says it's explained by "chi" energy flowing over the skin. The chi is disrupted, causing pain, and acupuncture unblocks the energy. "In Western medicine, they don't believe in this, so they go by 'influence circulation' and 'influence general well-being,'" Aung explains.

Dr. Steven Aung combines western medicine with acupuncture.

The doctor, who received the Order of Canada in 2005, says he uses whichever tool will be more helpful. "You have to look at a person as a whole, rather than just a part of a body. In Western medicine, we have a lot of compartmentalization."

The Alberta College of Acupuncture and Traditional Chinese Medicine offers a three-year diploma. "The prerequisites aren't that heavy; high school maths and sciences," Dr. Dennis Lee says. "You learn all your points, how to use them, how to needle and how to treat a broad range of conditions.

"It's based on regulating your own body to heal itself. We're not adding anything new into the system, it's just working on many different levels — hormonal, neural, muscular, skeletal and digestive."

After the program, would-be practitioners complete a provincial government licensing exam. The weekend-long test is split into a six-hour practical and four-hour written section.

It's perfectly legal for unlicensed people to offer acupuncture, but Lee says for the best care, you'll want to make sure they've passed the government test.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

Workology, in **brief**

UNEMPLOYMENT Canada's unemployment rate rose to 8.4 per cent in May, it's highest level in 11 years, according to a Statistics Canada report released last month. While Ontario experienced substantial employment decline in May, down 60,000 jobs, employment in Manitoba, Nova Scotia and Saskatchewan actually increased. **HEATHER BUCHAN/ FOR METRO CANADA**

Odd**Jobs**

Diane Peters

Will return, see this week's article on a Monday Truck MC at Metronews.ca/oddjobs

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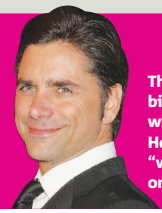
Slumdog memoir
She's only nine, but Rubina Ali has already starred in Slumdog Millionaire, which won eight Oscars. So now she's writing a memoir. The book — to be released in the July — will chronicle her story of growing up in the Mumbai slums. USMAGAZINE.COM

Entertainment



Full House
The Tanner family — coming to a big screen near you? John Stamos, who played Uncle Jesse on Full House from 1987 to 1995, says he's "working on a movie idea" based on the TV show. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

New Moon rising

TALIA SOGHOMONIAN
Metro World News

The clouds are low, the sky is grey and moody. It's a perfect day for the vampires to come out — or at least the cast and crew of New Moon, the follow-up to last year's hit film Twilight.

Young fans surrounding Burnaby Park in Vancouver are the borderline between the real world and the one conjured up by Stephenie Meyer, author of the popular Twilight book series.

Within the lush emerald landscape, Hollywood is hard at work. While caterers are preparing snacks and warm drinks for the 80 teenage extras, director Chris Weitz is preparing to film the first sequence of the day. "Action!" he finally yells. As the extras disperse and pretend to be heading toward the makeshift school building, Kristen Stewart, reprising her role as Bella, is greeted by her four best friends singing her happy birthday.

This is the first in Metro's five part look at New Moon. Tomorrow we chat with actor Taylor Lautner.

"Cut! Let's do it again!" yells Weitz. After shooting the scene three times, the director asks for one more, "just for safety." And it's in the can. The enormous crew huddles around, preparing for the next sequence.

This time, Taylor Lautner joins Stewart on set. This scene is crucial — and so is Lautner's character, Jacob, in this second instalment in the series.

In Twilight, he was Bella's friend and a shoulder to cry on; in New Moon, with her love Edward gone away, the two become closer and he reveals some surprising facets of himself, including supernatural powers.

Ready? Action! Lautner fastens a necklace on Bella. "It catches bad dreams," he tells her. But Bella only dreams of Edward, played by Robert Pattinson. The British actor is leaning nearby on a car, a figment of Bella's imagination.

As the cameras roll for the third take, Lautner forgets his lines. "Sorry, I'm totally lost," he laughs. "Cut, reset!" orders Weitz. Lautner outdoes himself in the fourth take. "That was my favourite!" enthuses the director.

The heavy atmosphere of the Vancouver weather lifts as lunch is declared. Pattinson joins us for a quick bite and chat. In full vampirical make-up and sporting yellow contact lenses, we almost expect him to bite us instead of his food.

His role is minimal in New Moon, yet crucial nevertheless, as we see in the next sequence. Stewart, standing on a platform to reach up to the tall actor, leans in for a kiss. Is it real or is Bella's imagination playing tricks on her again? Fans will have to wait until the movie's November release to find out.

SUMMIT ENTERTAINMENT 2009

Fans will have to wait until the November release of New Moon, the sequel to vampire movie Twilight, to find out what happens to characters played by Kristen Stewart and Robert Pattinson.

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weekend box office

1. **Up:** $44.2 million US
2. **The Hangover:** $43.3 million
3. **Land of the Lost:** $19.5 million
4. **Night at the Museum: Battle of the Smithsonian:** $14.7 million
5. **Star Trek:** $8.4 million
6. **Terminator Salvation:** $8.2 million
7. **Drag Me to Hell:** $7.3 million
8. **Angels & Demons:** $6.5 million
9. **My Life in Ruins:** $3.2 million
10. **Dance Flick:** $2 million

REUTERS

Kenya's Style

Kenya Hunt
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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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	-	- 10 SHAW	(6) Local Programming						Local Programming		
primetime	-	372 12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Big Bang Th	CSI: Miami
	-	374 14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow		American Experience		Illicit: Dark
	502	390 15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Global Hunt
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	I'm a Celebrity... Get Me Out of Here!				Dateline NBC
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House (HDTV PA)		Bones (HDTV PA)		News (N)
	297	652 37 WPIX	One Tree Hill (HDTV)		PiX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400 21 TSN	World Extreme Cagefighting		SportsCentre (HDTV) (Live)			Off the Record	*Truth in 24* (2008, Documentary) Premiere.		
	408	418 27 net	MLB Baseball		MLB Baseball		Sportsnet Connected		Sportsnet Connected		MMA Conn
	410	403 30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457 44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406 48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR (HDTV)		SuperCars
family	552	543 20 YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
cable variety	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT's Greatest "Interviews"		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	The Best Years (DVS)		Rocker Moms	How I Met	The Soup	Engagement	News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	How Clean	Friends	How Clean	Kim	Love It or List It		The Agents
	521	560 24 TLC	Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Cake Boss
	603	561 25 FOOD	Food Detective	Get on Plate	100 Mile Challenge		Restaurant Makeover		Unwrapped	Unwrapped	Food Jammers
	615	520 26 A&E	Intervention (HDTV) (N)		Obsessed "Nidia; Rick"		Crime 360 (HDTV)		Intervention "Chris"		Intervention
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Cashing In	Kink in Hair	*XIII* (2009, Suspense) Val Kilmer.		
	601	562 33 SLICE	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Sp
	-	633 34 ENC2	*The Hard Way*	(7:20) *The Raffle* ★★ (1993, Comedy)			*Stand and Deliver* ★★★ (1988, Drama)			(10:45) *American Me* (1992)	
	520	505 35 DISC	Dirty Jobs		Canada's Worst Handyman (N)		Daily Planet		MythBusters Sayings.		Handyman
	620	523 36 BRAVO	Anatomy of Burlesque		Anatomy of Burlesque		Law & Order		Without a Trace		Weird Sex
	294	650 40 WPCH	*Guess Who* ★★ (2005, Comedy) Bernie Mac.				Seinfeld	Family Guy	Family Guy	*Guess Who* ★★ (2005)	
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Daniel Tosh
	-	539 42 TCM	*On the Town* ★★★★ (1949) (DVS)			(8:45) *Royal Wedding* ★★★ (1951, Musical) (DVS)				*Singin' in the Rain* (DVS)	
	628	584 43 SPIKE	UFC Unleashed		4th and Long "The Red Zone"		Pros vs. Joes: All Stars		4th and Long "The Red Zone"		Pros vs. Joes
	522	516 45 HIST	Tank Overhaul		NCIS "Kill Ari"		Tank Overhaul		For King and Country		NCIS
	627	528 46 SPACE	*Nature Unleashed: Fire* (2004, Suspense) Bryan Genesse.				Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *Dirty Harry* (1971)		(8:15) *Escape From Alcatraz* ★★★ (1979, Adventure) Clint Eastwood.					(10:45) *Missing in Action*	
	619	525 49 TROP	North of 60 "Love Hurts"		Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Smarter
	600	564 50 HGTV	Property Virgin	My First Place	House Hunters	House Hunters	Holmes on Homes		Property Virgin	Income Prop.	My First Place
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507 92 VIVA	The Closer "Flashpoint"		The Mix	The Mix	Mediums	In Dreams	Judging Amy		Most Haunted
	269	350 93 APTN	MYTV	The Mix	Miywayawin	Metcom	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy-Entertain
	571	581 100 MMM	The Daily Fix		Entourage	I'm a Celebrity, Get Me Out.		(9:33) Ranked!		Gene Simmons	Entourage
	570	580 101 MM	Shot at Love-Tila Tequila		MuchNews	Video on Trial	One Tree Hill		Shot at Love-Tila Tequila		MuchNews
	581	566 102 MTV	The Hills		Hills Wedding	Living on Edge	Teen Cribs	After	The Hills		Hills Wedding

critics' corner

House
In "Let Them Eat Cake," House and the team try to diagnose a fitness trainer who collapsed while making an infomercial, and they discover she didn't get slim totally by diet and exercise. Cuddy takes over House's office in the wake of the hostage situation that left hers in shambles. Kutner sets up an online second-opinion clinic in House's name. 9 PM on CICT KAYU

Two and a Half Men
They grow up so fast. And with Charlie as an uncle, they grow up to be fast. Jake disappears with the daughter of Charlie's neighbor, forcing Charlie to cover his back in an effort to preserve the peace. Meanwhile, Alan scores a hot date, thanks in part to Charlie's Mercedes. Academy Award nominee Michael Clarke Duncan guest stars. 9:30 PM on CFCN; 10 PM on KREM

How I Met Your Mother
Lily turn to Ted and Robin as she and Marshall (Jason Segel) weigh the life-changing pros and cons of having a baby, only to discover that her two friends have decidedly different points of view where parenthood is concerned. Neil Patrick Harris also stars in "Not a Father's Day." 9:30 PM on KREM CHTV

Cyrus hates green veggies

Miley Cyrus hates green vegetables because they "look funny," femalefirst.co.uk reports. The 16-year-old Hannah Montana star refuses to eat the vitamin-enriched foods because she can't get her head around the "nasty" colour. METRO NEWS SERVICES

Celebrity Buzz

FBI offers Thailand help in Carradine case

INVESTIGATION The FBI has offered its assistance to Thai authorities investigating Thursday's death of actor David Carradine, agency officials tell People.

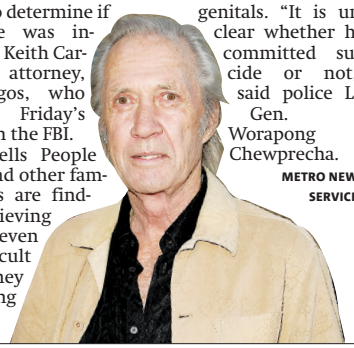
After Carradine's half-brother, Keith Carradine, met Friday with FBI officials in Los Angeles, those officials contacted the FBI's legal attaché at the U.S. Embassy in Bangkok "to determine if the Thai authorities are requesting or would welcome FBI assistance in this matter," FBI spokeswoman Laura Eimiller tells People. She adds there is no word yet as to whether Thai authorities will invite the FBI to join their investigation.

The FBI has no jurisdiction in other countries, but occasionally offers assistance investigating the deaths of Americans when foul play is suspected or when the family requests such intervention.

Keith Carradine, 59, "wants authorities to investigate his brother's death, and to determine if anyone else was involved," says Keith Carradine's attorney, Mark Geragos, who arranged Friday's meeting with the FBI.

Geragos tells People that Keith and other family members are finding the grieving process even more difficult because they keep getting conflicting details regarding the condition of Carradine's body when it was discovered.

Thai police had confirmed that a maid found Carradine, 72, nude in the closet of his luxury suite with a rope tied around his neck and one around his genitals. "It is unclear whether he committed suicide or not," said police Lt. Gen. Worapong Chewprecha.



METRO NEWS SERVICES

Fox rejects the big boys

NO CUPCAKE Megan Fox is used to lots of attention from guys, but she's been surprised by the behaviour of some well-established men in Hollywood.

"There are some guys, talking about actors who have been in the business for a while, who are very egocentric and have been able to sleep with a lot of girls for whatever reason, and because they don't know me they think I'm going to be this little cupcake, this Marilyn Monroe type who's going to bat my eyes and be like a receptacle for them," Fox tells British GQ.

But she says that a little public shaming usually does the trick. "I just shut them down immediately, right in front of people. It's been so long since someone has told them no, they don't really know how to deal with it."

ALL PHOTOS GETTY IMAGES

METRO WORLD NEWS

Gibson still wants DNA test

RELATIONSHIP Mel Gibson may seem happy with pregnant girlfriend Oksana Grigorieva, but he would still like the Russian singer to prove that her baby is his, according to the National Enquirer.

"Mel really loves Oksana, but he's a businessman, too. He really had no choice but to ask for a DNA test," a source says. "Mel doesn't believe that Oksana has been with anyone else, but after hearing misgivings from his children and friends, he decided he had no choice.

METRO WORLD NEWS

Demi & Ashton may hire Boyle

STAR ACT Susan Boyle is fresh out of a mental health clinic in London, and she may already be looking at some high-profile gigs. Demi Moore and Ashton Kutcher were reportedly considering hiring the Britain's Got Talent sensation to perform at their anniversary party.

"Demi and Ashton think Susan is absolutely brilliant, in a fantastically unique and kitsch way," a source tells the Mirror, adding that the couple is willing to fork over $42,000 US for the performance.

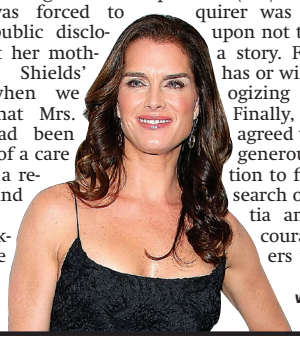
METRO WORLD NEWS

Shields & Enquirer settle

DISPUTE Actress Brooke Shields has come to an agreement with the National Enquirer after alleging the tabloid checked her mother out of a New Jersey nursing home last month, people.com reports.

"Two weeks ago, Brooke Shields was forced to make a public disclosure about her mother, Teri Shields' health, when we learned that Mrs. Shields had been taken out of a care facility by a reporter and photographer working for the National Enquirer and I was told that the National Enquirer was going to print information about her condition and whereabouts," Shields' attorney, Gerald B. Lefcourt says in an exclusive statement to People.

"I am very pleased to report that (the) National Enquirer was prevailed upon not to publish a story. Further, it has or will be apologizing publicly. Finally, it has agreed to make a generous donation to further research on dementia and to encourage others to do so."



METRO WORLD NEWS

Ferrell goes to lengths to promote new movie

STRANGE EATS Funnyman Will Ferrell will go to great lengths to promote movies — he ate a raw reindeer eyeball as part of the press build up for his new film Land of the Lost, femalefirst.co.uk reports.

The Anchorman star agreed to spend two days with survival expert Bear Grylls in the frozen Swedish wilderness to promote his upcoming movie on the Brit's reality TV show Man Vs. Wild.

Ferrell learned how to make snowshoes from twigs and light a signal fire — but he could have done without the culinary delights of the trip.

He tells Entertainment Weekly, "I did eat the cornea of a reindeer. Bear cut out this little gelatinous disc from the eyeball and was like, 'Here, try this!'" Ferrell admits the taste and texture was disgusting.

METRO NEWS SERVICES

Brad and Angie sleeping apart?

COUPLE Things aren't going so great at home for Brad Pitt and Angelina Jolie, according to the Daily Mail. A source tells the newspaper that while the famous couple and their six kids are on the east coast so Jolie can film her new movie, Salt, she and Pitt have been sleeping in separate houses at opposite ends of their sprawling, rented 24-acre Long Island compound.

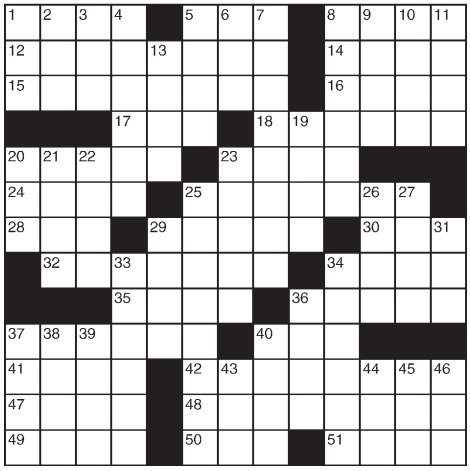
METRO WORLD NEWS

Today Sprinkles early. 11 C / 3 C
Tuesday Morning clouds. 14 C / 2 C
Wednesday Mostly sunny. 19 C / 5 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist — Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Mid-month date
5 Get on
8 Tranquil
12 Ships' warning noises
14 Solo by Sills
15 Time saver
16 Encounter
17 Monty Python opener
18 Type of monkey
20 String quartet member
23 Acerbic
24 — nitrate
25 Beauty contest, e.g.
28 Play on words
29 Wise ones
30 Dine
32 Frosty, for one
34 Long skirt
35 Knocks
36 Goosebump-inducing
37 Distance
40 Pismire
41 Neighborhood
42 Classical music lover
47 Carriage
48 Usual
49 Hotel furniture
50 Marble type
51 Needing crutches

Crossword down

1 Conditions
2 Homer's interjection
3 Id counterpart
4 Piercing
5 Curved lines
6 Wildebeest
7 Female hormone
8 Paparazzi's need
9 War god
10 Stead
11 Gymnasts' surfaces
13 Beetle Bailey dog
19 Colors
20 Upper limit
21 Ostriches' kin
22 Singer Loretta
23 Long stories
25 Brochure
26 Approach
27 Cab
29 Bat a gnat
31 Dead heat
33 Transplanted body parts
34 Kind of alcohol
36 MIT grad, maybe
37 Easter entree
38 Ontario neighbour
39 Require
40 From the top
43 Eggs
44 Oklahoma city
45 "— the Walrus"
46 Reuben bread

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		6		7	3			1
	1		8					2
	4		2				7	
5							1	
		7	5		1	3		
	6							5
	5				2		4	
2					8		9	
3			6	5		8		

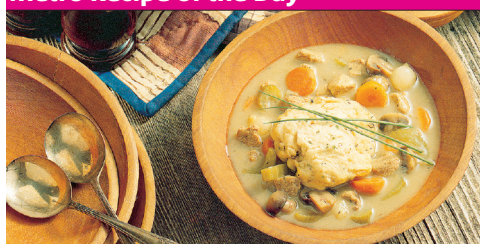
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	4	6	8	9	7	1	5	2
5	7	1	3	6	2	4	9	8
8	2	9	5	1	4	6	3	7
9	3	7	2	4	5	8	6	1
1	6	5	7	8	9	3	2	4
2	8	4	6	3	1	5	7	9
6	1	3	9	2	8	7	4	5
7	9	8	4	5	6	2	1	3
4	5	2	1	7	3	9	8	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Veal Stew with Dumplings

STEW:
1 tbsp (15 ml) butter, margarine or olive oil
1 lb (500 g) boneless veal, pork or lamb, trimmed and cut into 3/4-in. (1.5-cm) cubes
1 clove garlic, minced
1/4 tsp (1 ml) black pepper
3 tbsp (45 ml) all-purpose flour
3 cups (750 ml) low-sodium chicken broth
2 cups (500 ml) sliced fresh mushrooms
2 medium-size carrots, sliced 1/2 inch thick
2 stalks celery, sliced 1/2 inch thick
1 cup (250 ml) frozen small whole onions
1 cup (250 ml) dry white wine or chicken broth
2 bay leaves
2 tsp (10 ml) dried thyme
1/4 tsp (1 ml) salt
1/4 tsp (1 ml) ground nutmeg

DUMPLINGS:
3/4 cup (175 ml) all-purpose flour
1 tbsp (15 ml) chopped fresh chives or minced parsley
1 tsp (5 ml) baking powder
1/4 tsp (1 ml) black pepper
Dash salt
1/3 cup (75 ml) 1% milk
1 tbsp (15 ml) vegetable oil

METHOD:
1. For stew: In Dutch oven, melt butter over moderate heat. Add meat, garlic and 1/4 tsp (1 ml) pepper, and cook until meat is browned, 10 minutes.
2. Stir in 3 tbsp (45 ml) flour. Add broth, mushrooms, carrots, celery, onions, wine, bay leaves, thyme, 1/4 tsp (1 ml) salt and nutmeg. Bring to boil. Lower heat and simmer, covered, 40 minutes.
3. In small bowl, combine 3/4 cup (175 ml) flour, chives, baking powder, 1/4 tsp (1 ml) pepper and dash of salt. In another small bowl, whisk milk and oil. Pour milk mixture into flour mixture. With fork, stir until mixed.
4. Drop batter into 4 mounds on top of bubbling stew. Simmer, covered, 10 minutes or until toothpicks inserted in centres come out clean (do not lift lid before 10 minutes cooking). Discard bay leaves.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Be more selective about whom you associate with — and whom you are seen with. Otherwise, those who matter might think less of you.

TAURUS ♉
APRIL 21-MAY 21
You need to start off slow and build up momentum over time. That applies as much to romance as it does to your career.

GEMINI ♊
MAY 22-JUNE 21
You may have made a few mistakes but don't beat yourself up about them. The time for learning from what went before is over; now it's time for action.

CANCER ♋
JUNE 22-JULY 22
Don't feel bad if someone points out your weaknesses today. You never claimed to be perfect so there is no need to feel guilty.

LEO ♌
JULY 23-AUG 23
No doubt you've had your fill of watching those of lesser abilities get ahead of you. Set your sights high over the next week and hustle your way to the top.

VIRGO ♍
AUG 24-SEPT 22
Today's Venus-Pluto link-up will encourage you to be more adventurous, especially where family and financial matters are concerned.

LIBRA ♎
SEPT 23-OCT 23
There is a lot riding on the choices you make today, so don't rush them and don't make any silly and avoidable mistakes.

SCORPIO ♏
OCT 24-NOV 22
You're about to face a situation in which you must compromise. That may not be easy for you, but you won't get far without other people.

SAGITTARIUS ♐
NOV 23-DEC 21
It takes character to feel good about life through the bad times, but you have character in abundance, so today's little setback won't faze you at all.

CAPRICORN ♑
DEC 22-JAN 20
A super aspect between Venus and Pluto in your sign makes today one of the most dynamic, creative days of the year for you. Make big plans.

AQUARIUS ♒
JAN 21-FEB 18
You may generally keep a tight hold on your emotions but you'll be expressive over the next few days. Let someone know how much you care.

PISCES ♓
FEB 19-MARCH 20
Make time for social and travel activities today. What happens while you're on the move or chatting with friends will remind you life is worth living.

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Eaton Centre
Forest Lawn Shopping Centre
Market Mall
Marlborough Mall - kiosk
North Hill Shopping Centre - kiosk
Northland Village
Shawnessy Village
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Southcentre Mall - kiosk
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105 – 802 Bow Valley Trail

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9774 170th St.
10157 - 101 St.
10603 107th Ave.
11150 149th St.
17551 100th Ave.
12804 82nd St.
14808 Stony Plain Rd.
18563 Stony Plain Rd.
Abbottsfield Shoppers Mall
Bonnie Doon
Capilano Mall
Edmonton City Centre
Edmonton City Centre - kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre - kiosk
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall - kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

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Peter Pond Shopping Centre

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Prairie Mall

LEDUC
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LETHBRIDGE
Park Place
Smart Centres Lethbridge

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

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